

Suggested MSND Electives

Course Number	Course Name	OL	Credit Hours	Prerequisites	Course Description
NTR 4752	Focus on Diabetes	Y	1	NTR 2100 or its equivalent	Overview of the management of diabetes mellitus in various sections of the American population.
NTR 4753	Nutrition and the Addicted Person	Y	1	NTR 2100 or its equivalent	Consideration of nutrition needs and eating problems of addicted persons; nutrition management and treatment plans.
NTR 4757	Food Product Development		3	NTR 3120, CHM 2430, MAT 2250G	Application of statistical and research methodologies to food science principles for the development of an altered food product.
NTR 5156	Nutrition Services Management	Y	3	NTR 4940 and admission to the MSND or permission of instructor.	
NTR 5159	Adult Weight Management	Y	3	NTR 2100 or its equivalent	Study of economic and health impact of overweight/obesity on individuals, families, and communities as well as the application of weight management therapies for treatment.
HSL 4770	Family Budgeting and Debt Management	Y	3	HSL 2300G	Students will develop skills to educate individuals and families on family budgeting and debt management. Effective educational techniques and practices will be applied.
HSL 4820	Death and Dying	Y	3	Must be majoring in the B.S. in Family and Consumer Sciences, ABC Program, B.S. in Career and Technical Education-Family and Consumer Sciences, M.S. in Family and Consumer Sciences, M.A. in Aging Studies, and M.S. in Nutrition and Dietetics	Issues of death and dying and the implications for individuals and their families.
HSL 4845	Family Stress and Resilience	Y	3	Must be majoring in the B.S. in Family and Consumer Sciences, ABC Program, B.S. in Career and Technical Education-Family and Consumer Sciences, M.S. in Family and Consumer Sciences, M.A. in Aging Studies, and M.S. in Nutrition and Dietetics	This course will define what is meant by family crisis, identify some of the major theoretical frameworks for studying families in crisis, consider major life-style transitions, and explore the major catastrophic crises families face. It will also examine resources and strengths that enable families to deal with crises more adequately.
HSL 4846	Aging and the Family	Y	3	Must be majoring in the B.S. in Family and Consumer Sciences, ABC Program, B.S. in Career and Technical Education-Family and Consumer Sciences, M.S. in Family and Consumer Sciences, M.A. in Aging Studies, and M.S. in Nutrition and Dietetics	Aging as a phase in the family developmental process and the consequent effect.
HSL 4854	Parent-Child Study and Community Development	Y	3	Must be majoring in the B.S. in Family and Consumer Sciences, ABC Program, B.S. in Career and Technical Education-Family and Consumer Sciences, M.S. in Family and Consumer Sciences, M.A. in Aging Studies, and M.S. in Nutrition and Dietetics	Detailed study of parent-child interaction and community involvement; in-depth study of parent education programs, methodology and techniques. Observation required.
HSL 4860	Addictions and the Family	Y	3	Must be majoring in the B.S. in Family and Consumer Sciences, ABC Program, B.S. in Career and Technical Education-Family and Consumer Sciences, M.S. in Family and Consumer Sciences, M.A. in Aging Studies, and M.S. in Nutrition and Dietetics	Study of the interaction affects between the addicted person and the family or significant others. Educational techniques and family intervention strategies for families of addicted persons will be reviewed.
HSL 5100	Societal Theories of Aging	Y	3	None listed	Review of current social gerontological theories and research; consideration of structural aspects of the social order as related to the aging process.

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HSL 5850	Theories of Human Development and Family Life	Y	3	FCS 1800 Life Span Human Development and admission to the MS in FCS degree program or permission of instructor	In-depth study of selected human development and family life theories and research. Application of knowledge to current issues and concerns related to marriage, parenting, families, and children.
HSL 5852	Adolescence and the Family	Y	3	FCS 1800 Life Span Human Development and admission to the MS in FCS degree program or permission of instructor	On-line delivered course. Study of adolescent development and relationships with special emphasis on the family.
HSL 5846	Public Policy and Grant Writing	Y	3	None listed	Focuses on the impact of public policy on individuals, families, and communities, and the role of policy-making in the provision of services. Addresses development of and funding for programming for individuals, families, and communities across the lifespan with a focus on strategic planning, identification of funding sources, and preparation of grant applications.
HST 4770	Health Services Administration	Y	3	ENG 1002G; HST 3750 and senior class status.	Examination of the health service sector applications of administrative and management concepts, including social administration, biomedical and business ethics and management theory.
HST 4830	Perspectives on Health and Humor	Y	3	None listed	This course will focus on theoretical and empirical approaches to understanding humor from a holistic health perspective. Discussion of current research findings will be used to illustrate the vital connection between humor and individual well being. This class will build and expand upon the basic health concept of the holistic health model through the application of strategies designed to integrate humor into the individual's life.
HST 4890	Health and Aging	Y	3	None listed	This course is designed to examine common health changes, issues and concerns as they pertain to the aging individual.
HST 5700	Theories and Principles of Health Behavior	Y	3	None listed	An in-depth examination of social and behavioral science theory, research, and practice as related to promoting and maintaining health behaviors. Founded on the premise that health behavior and behavior change programs are most beneficial when based within a theoretical framework, emphasis will be placed on critical analysis of theory utilization in practical context, including individual- and community-based interventions.
HST 5750	Health Program Planning and Evaluation	Y	3	None listed	This course will provide both a theoretical and practical approach to program planning and evaluation ranging from individual-level health education and promotion programs to population-based health policy programs. Concepts covered will include needs assessment, interventions, implementation strategies, and process, impact, and outcome evaluation, models/designs, data collection, and analysis and interpretation strategies.
HST 5765	Epidemiology in Public Health	Y	3	None listed	This course provides students with a basic working knowledge of the core competencies, concepts and practices of epidemiology and public health (EPH). It is a learning platform to allow the student to understand the principles, tools, methodologies, data sources, terminologies, and policy issues related to the application of EPH to practical problems in Public Health Practice and population health. The course offers the student exposure to both established principles as well as new and emerging trends. The goal of this course is for the student to understand the value of epidemiology in improving the practice of public health through the effective development, management, governance and use of health information systems, data, technology, and projects.

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HST 5770	Leadership and Ethics for Health Professionals	Y	3	None listed	A graduate level examination of the theory, skills, and applications concerning leadership and ethics within a health organization context.
OPD 4800	Strategies and Processes of Teaching and Training	Y	3	None listed	Application of strategies of teaching and training, presentation skills, lesson planning, and instructional technologies such as experiential learning, problem solving, simulation, computerized instruction, and micro-teaching for career and technical teachers and human resource development trainers.
OPD 4815	Conflict in Organizations	Y	3	None listed	Application of strategies of teaching and training, presentation skills, lesson planning, and instructional technologies such as experiential learning, problem solving, simulation, computerized instruction, and micro-teaching for career and technical teachers and human resource development trainers.
OPD 4845	Improvement in Organizations	Y	3	None listed	This course is designed to acquaint students with methods for understanding and improving organizational performance. Included in this course are techniques for identifying problems, philosophies and techniques for addressing problems, and planning for measurable improvement.
OPD 4855	Web-Based Training and Instruction	Y	3	None listed	This course provides an overview of the fundamental theory and principles of how to design, develop, and manage web-based training (WBT) programs for adult learners within industry, service, and other organizations. Participants will design, develop and implement a web-based course.
OPD 4865	Diversity in Organizations	Y	3	None listed	On Demand. The study of the differences between employees' cultural values and how these differences affect the work environment. This course will help in developing potential skills to analyze and improve an organization's performance in managing diversity.
OPD 4880	Productive Work Teams	Y	3	**Class meets in Champaign 3 times	The multiple roles and responsibilities needed to function effectively in productive work teams are stressed by being a member of class teams and studying teams. This highly experiential, research-based, and applications-oriented course emphasizes assessment of self, team effectiveness, and organizational readiness for teams.
OPD 4756	Grant Writing for Organizations	Y	3	None listed	On Demand. This course prepares students to create competitive proposals and present them successfully to internal management, philanthropic organizations, and public funders by adopting a program design model. Students explore the world of grants experientially by researching prospective funders, designing a program, and preparing a model grant proposal.
OPD 4825	Ethical Behavior in Organizations	Y	3	None listed	This course will encompass the major issues surrounding and affecting ethics within an organization, including recognizing ethical issues, making ethical judgments in organizations, and understanding the importance of organizational ethics programs.
OPD 4860	Facilitating Learning and Project Groups	Y	3	None listed	People at all organizational levels accomplish their work alongside and through others. A fundamental workplace competency is the capacity to facilitate learning and project groups. Participants will practice facilitation principles and strategies, including how to deal with common facilitation problems.

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OPD 4864	Strength-Based Organizational and Professional Development	Y	3	None listed	This course provides background in the theoretical basis for strength-based approaches, while specifically focusing on Appreciative Inquiry and Relationship Awareness Theory. Students will gain an understanding of the principles and practices of Appreciative Inquiry as an organizational development method as well as applications of Relationship Awareness Theory to professional development, conflict management, coaching, and supervision.
OPD 4830	Organizational Perspectives: Past, Present, and Future	Y	3	None listed	This course involves the study of the nature of organizations from varying perspectives including historical, philosophical, technological, psychological and sociological with prospects and directions for the future.
OPD 4870	Coaching and Mentoring for Critical Thinking in the Workplace	Y	3	None listed	People in the workplace are increasingly expected to think critically about their work rather than simply follow a supervisor's instructions. Participants will explore and apply principles of coaching and mentoring for critical thinking to the workplace, classroom, and training room
EDF 5500	Theory into Practice: Curriculum Development	Y	3	Admission to the Graduate School.	Basic determinants of curriculum; social, philosophical factors influencing curriculum design and development, including current trends, issues and practices.
HCM 4910	Applied Health Communication	Y	3	None listed	An application of health communication principles and competencies focusing on the development and implementation of health campaigns used by health communication professionals.
SOC 4820	Sociology of Health and Health Care		3	Permission of Instructor	This course provides a sociological analysis of health, illness, and health care systems. Substantive topics covered include the social distribution of health and illness, the illness experience, the socialization and development of health care workers, and the social organization of medicine.
CMN 4760	Theories of Human Communication		3	None listed	An examination of contemporary theories and models.
CMN 4765	Communication in Families		3	None listed	An examination of communicative structure, function, and process among family members. The family system as a whole and major sub-systems (parent-child, siblings, spouses) are explored. Emphasis is on the role of communication in the construction, maintenance, and change of family relationships throughout the family lifecycle.
CMN 4750	Contemporary Approaches to Mass Communications		3	Graduate Standing	Survey of legal procedures of broadcast law, a survey of audience analysis, the structure of mass communication audiences, propaganda, communication networks, social and self-regulation of the media, and current research.
CMN 4780	Communication and Culture		3	Graduate Standing	This course provides an overview of key theories, concepts, and approaches to the study of communication and culture as practiced in
CMN 5155	Communication and Aging	Y	3	None listed	A survey of the research in key areas related to aging and communication. Course introduces central theories of communication and aging and approaches to studying intergenerational communication. Communication's influence on societal attitudes about aging and intergenerational communication and the impact of communication on issues of independence, wellbeing, healthcare, close personal relationships, decision-making, and other communicative contexts related to aging will be examined.
CSD 5520	Theories of Counseling		3	None listed	This course provides a survey of major theories of counseling. Areas covered include history of each theory, theory of personality development, theory of counseling application, research, and use with diverse groups

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CSD 5530	Basic Counseling Skills		3	None listed	A course in the application of theories with emphasis upon developing knowledge and skills expected of the professional counselor. Lab includes Interpersonal Process Recall (Triadic counseling practice).
CSD 5600	Cross-Cultural Counseling		3	Requires Permission of the Department Chair	This course is designed to provide an introduction to an overview of the challenges and processes of counseling clients in our culturally diverse society. Factors will include race, culture, ethnicity, gender, sexual orientation, mental and physical characteristics. Special emphasis will be placed on becoming aware of one's own culture in order to view the client's world.
CSD 5620	Group Counseling		3	Requires Permission of the Department Chair	This course is designed to provide both theoretical and experiential understanding of group purpose, development, dynamics, counseling theories, group counseling methods and skills, and other group approaches.
CSD 5710	Leadership and Administration in Higher Education		3	Requires Permission of the Department Chair	This course is designed to provide graduate students in college student affairs with a working knowledge of Leadership and Administration in Higher Education. The intent of the course will be to study leadership strategies in higher education with a focus on staff development, management techniques, administrative principles and evaluation strategies.
CSD 5970	Addictions Counseling		3	Requires Permission of the Department Chair	This course is an introduction to the field of counseling the chemically dependent. The topics to be covered are: Ethics, cultural diversity, gender issues, the chemicals of abuse, theories of addiction, assessment and intervention, impact of addictions on families, adult children of alcoholics, counseling techniques and treatment modes, relapse prevention, and harm reduction.
PLS 4893	Budgeting in Government and NonProfit Organizations	Y	3	Permission of Instructor	Processes, techniques and strategies of budgeting in government and nonprofit organizations. The course includes analysis of political and policy environments; revenues, from taxes to grants; spending priorities and decision-making; major types of budgets; capital budgeting; and financial management.
PLS 4793	Civic and Nonprofit Leadership	Y	3	Permission of Instructor	The application of organization and leadership theory to administrative structures, processes and behavior in government bureaucracies and community non-profit organizations. Includes an examination of organizational politics and policymaking, administrative leadership and alternative models of public organization and management
KSS 5280	Regulation of Exercise Metabolism and Body Composition		3	Requires Permission of the Department Chair	Study of the regulation and the assessment of energy use/metabolism during and following exercise, including the influence of diet and training on exercise metabolism. Also included are assessment of body composition and obesity, the affect of exercise on body composition, and the role of exercise in weight regulation
PSY 5060	Cognitive Behavior Therapy		3	Permission of Instructor	The principles, theory and common applications of behavior modification and cognitive behavior therapy. Includes an emphasis on entry-level skills in the application of behavior therapy and cognitive behavior therapy.
PSY 5170	Theories of Learning		3	Permission of Instructor	A survey and comparison of theories of response acquisition emphasizing the biological preparedness for and internal representation of acquired responses.
SED 4751	Strategies of Adult Instruction		3	None listed	Methods, techniques, and devices in adult education, developing action-oriented learning situations, programmed instruction, developing appropriate materials and evaluating the outcome of courses.